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Conference Unveils Rudraksha Cures

Ancient Hindu medicine texts testified to the curative powers of the reddish brown, brain-convoluted-like rudraksha (Eye of Siva) seed, the most sacred artifact to Siva. Now, in the global rush to bring forward traditional ethnopharmacological medical substances, a national conference on the healing properties of rudraksha was held in Hyderabad, India, June 14th. Hundreds of ayurvedic physicians and curious scientists attended the symposium, orchestrated by Dr. K. Sathyanarayana Swamy, who styles himself the founder of *rudraksha therapy*. Rudraksha therapy is scantily referenced in the Vedic and Upanishadic texts. One verse observes, "Rudrakshas keep away enemies from their assault and contain several medicines inherent in them." The *Meru Tantra* reads, "The larger the size the rudraksha is, the greater the effect of it on the human body."

The conference largely focused on contemporary therapeutic trials and the intriguing biochemical traits of the seed. Wearing the rudraksha is considered preventative medicine. But several doctors claimed to cure measles, chicken pox, small pox, epilepsy, migraine headaches and severe nervous disorders. Applications include rudraksha paste and rudraksha-soaked milk.

A Canadian ayurvedic lama reportedly uses ground-up rudraksha seeds as a tonic to strengthen the heart.

The rudraksha (*Eleocarpus ganitrus)* is the marble-sized, multi-faced seed which derives from the tree known in the West as Blue Marble, for its blue fruit.

Reported by C.H.S.N. Murthy

Harness Science's Destructive Powers

During a recent visit to Trinidad and Tobago, Swami Brahmarupananda, senior monk of the Vivekananda Society of Chicago, Illinois, spoke on the topic, "Religion in an Age of Science and Technology," at the Naparima Girls' High School. He said the "blessings of science and technology are many and varied. Better health, longer life and better living conditions. However, the same power of